

What Is that Little Voice in Your Soul Calling You to Do and Be?

“Many of us...come to the same sober realization, that life does not seem to be giving us what we want.¹ Where are you on your journey to hear what your soul is calling you to do and be?

From *The Five Stages of the Soul - Charting the Spiritual Passages that Shape Our Lives*, H.R. Moody & D. Carroll

- The Call:** “The day you were born a ladder was set up to help you escape from the world.” Rumi”
The spiritual call “comes to us in undramatic and unrecognizes ways...comes from both outside us and inside us...comes in many forms...comes in stages...we do think of ourselves as special”¹ “We live our lives in a deep state of sleep...we have forgotten our mission.”¹
- The Search:** “The quest for guidance.”¹
Embrace those teachings and communities that nurture you, weed out those that do not.
“Spiritually pertains to the person’s deepest and inner most relationship with the sacred, with a higher power, with something that cannot be easily defined when the Search begins...Religion applies to the outer aspects of worship: ritual, doctrine, and congregational practice.”¹
- The Struggle:** “Once guidance is found...the souls true passage begins.”¹
“This passage partakes of a cosmic dimension as well as a human one...like any seeker on a quest, spiritual heroes and heroines must endure trails, pass tests, and be challenged along the way...to reach our goal we must meet these obstacles head-on. In this sense, the Struggle is the way.”¹
- The Breakthrough:** “Any experience of heightened awareness and sudden insight that fundamentally changes the way people look at themselves and the world around them.”¹
“A harmonious inner awakening is characterized by a sense of joy and mental illumination that brings with it an insight into the meaning and purpose of life; it dispels many doubts, offers the solution of many problems, and gives an inner source of security.” Roberto Assagioli¹
- The Return:** “Experiencing a spiritual breakthrough leaves its mark on a person forever.”¹
“Life goes on as before, and we go on with it in the ordinariness of everyday life. There’s still work to do (family, job, community, spiritual) ...[Also,] we now have special knowledge and experience to give back to the world, and we accomplish this task in a hundred different ways. This is the stage of return.”¹

Storytelling in small groups or through personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Share about a spiritual “Call” you have felt, or heard, from your soul, your inner-being.**
(for example: young life or midlife feeling you get that there is “more to life” or after a difficult experience)
- 2. Tell a story about a time of “Searching” or “Struggling” in your life.**
(for example: searching for a secret “something” calling to us or challenges which haunt us)
- 3. Share about an experience of “Breakthrough” or heightened awareness in your life.**
(for example: inner-awakening experience and/or something has changed within us, and we are never the same)

© 2021, David Tillman, all rights reserved, Check out more small group storytelling reflections at: <https://lifesjourney.us/storytelling-in-small-groups-menu/>

¹ Harry R. Moody and David Carroll, *The Five Stages of the Soul*, (Anchor Books by Doubleday, New York, 1997), 4, 36-41, 61, 63, 66-69, 72, 78, 132, 270.